



What is the INSight Youth Corps?

The INSight Youth Corps is a student-led initiative that was developed out of INShape Indiana, Governor Mitch Daniel's statewide health initiative. The INSight Youth Corps prepares and empowers high school students to provide health education within their school system, as well as design and carry out various creative health-related individual and community-based projects. The INSight Youth Corps is designed to provide experience-based learning, enhance personal and academic achievement, and build leadership skills among its members.

What is INShape Indiana?

INShape Indiana is Governor Mitch Daniels' statewide health initiative. INShape Indiana is about helping Hoosiers to make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. INShape Indiana is not another program; it is an initiative to coordinate the many efforts taking place across the state to combat obesity and smoking.

Vision

The vision of the INSight Youth Corps is to develop a statewide network of high school students trained as mentors and leaders to promote, model, and teach healthy behaviors in their schools and communities.

Mission

The mission of the INSight Youth Corps is to empower youth to make choices and take action that will positively impact their own health and the health of their peers, families, and communities.

How to Establish an INSight Youth Corps in Your School

To Get an INSight Youth Corps started in your school, you will need:

- A core group of students that are committed to spreading the health messages of better nutrition, increased physical activity and tobacco cessation throughout their school system, as well as fulfilling all basic requirements of the program.
- Each participating school must appoint one faculty advisor and one community advisor.
- Once established, each INSight Youth Corps must complete at least one peer to peer training session and one creative health project per academic school year.

What are some of the Benefits of Participating in the INSight Youth Corps?

For Students

- Creates an opportunity to use the INSight Youth Corps experience to develop skills such as teamwork, public speaking, communication, leadership, and collaboration.
- Enables students to highlight INSight Youth Corps membership and participation on college applications and resumes
- Instills and encourages healthy habits in peers and community members
- Prepares students for future success and commitment to lifelong healthy lifestyles

For Indiana Schools

- Provides opportunities to highlight your school's existing and future efforts that promote a healthy lifestyle
- Offers a productive and creative outlet for students within the school system
- Become a part of a statewide student health initiative
- Increase sustainability of existing health programs within your school by utilizing the messaging and branding of INSight Youth Corps

For Community Agencies

- Provides an opportunity to make a positive contribution to the health and well-being of children in your community and across the state
- Promotes your agency's mission, values, and goals
- Offers the ability to connect with your local schools and community

For More Information

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